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Claims

[c1] 1. A training device for use with a hollow handled sport stick, comprising:

a rod assembly including a plurality of threadably connected rod members, said rod assembly configured to be received within the hollow handle;

a first bumper element and a second bumper element connected to said rod assembly on opposing ends of said rod assembly; and

wherein at least one of said plurality of rod members provides weight at a selected location along the sport stick.

[c2] 2. The training device of claim 1, wherein said rod assembly includes at least one threaded connector threadably connecting said plurality of rod members.

[c3] 3. The training device of claim 1, wherein said rod assembly is received within the hollow handle of a lacrosse stick.

[c4] 4. The training device of claim 1, further including an end cap connected to an end of the sport stick and a portion of said end cap is received within the hollow

handle.

[c5] 5. The training device of claim 4, wherein said end cap includes an outer member and a threadably connected inner member and wherein said end cap expands to form a friction fit within the hollow handle.

[c6] 6. The training device of claim 1, wherein said first and second bumper elements each include an insert received within an inner diameter of said first and second bumper elements and said insert is configured to threadably attach to opposing ends of said rod assembly.

[c7] 7. The training device of claim 1, further including a mid bumper slidably received on an outer surface of said rod assembly and positioned at a selected location along the length of said rod assembly.

[c8] 8. The training device of claim 1, further including a pull cord attached to said rod assembly adjacent an end nearest the end of the sport stick.

[c9] 9. A sports training device, comprising:

a sport stick having a hollow handle;

a rod assembly configured to be removably received within said hollow handle;

a plurality of bumper elements each having an insert connected to an inner diameter

thereof and configured to threadably connect to an end of said rod assembly; and
wherein said rod assembly includes at least one rod member configured to provide weight
at a selected location along said sport stick.

[c10] 10. The sports training device of claim 9, wherein said rod assembly includes a plurality of threadably connected rod members.

[c11] 11. The sports training device of claim 9, further including an end cap configured to be attached to an end of said sport stick.

[c12] 12. The sports training device of claim 11, wherein said end cap includes an inner member received within said hollow handle and an outer member extending outside of said hollow handle, and wherein said outer member is substantially cone shaped and includes an open end that is configured to expand over said inner member.

[c13] 13. A kit for sports training, the kit comprising:
a plurality of rod members configured to be threadably connected to form a rod assembly and to be received within a hollow handle of a sport stick;
a plurality of threaded connectors; and
a first bumper element and a second bumper ele-

ment each having an insert configured to threadably connect said first and second bumper elements to opposing ends of said rod assembly.

[c14] 14. The kit of claim 13, further comprising:
at least one end cap configured to be attached to an end of the hollow handle of the sport stick.

[c15] 15. The kit of claim 14, further comprising:
at least one threaded connector configured to threadably connect one of said first and second bumper elements to said rod assembly.

[c16] 16. The kit of claim 15, further comprising:
a carrying case.

[c17] 17. The kit of claim 13, wherein at least one of said plurality of rod members provides weight at a selected location along the sport stick.

[c18] 18. The kit of claim 13, further including at least one mid bumper.

[c19] 19. A sports training device, comprising:
a sport stick having a hollow handle;
an end cap configured to fit on an end of said sport stick and including an inner member positioned within said hollow handle adjacent to an end of said

sport stick and an outer member having a portion extending out of said hollow handle and threadably connected to said inner member; and
wherein said outer member includes an open end configured to expand over said inner member when tightened to secure said end cap to said sport stick.

[c20] 20. The sports training device of claim 19, further including a rod assembly configured to be received within said hollow handle.

[c21] 21. The sports training device of claim 20, wherein said rod assembly includes at least one rod member configured to provide weight at a selected location along said sport stick.

[c22] 22. The sports training device of claim 20, wherein said rod assembly includes a plurality of rod members threadably connected.

[c23] 23. The sports training device of claim 20, further including a first bumper element and a second bumper element connected to said rod assembly.

[c24] 24. A method of sport training with a sport stick having a hollow handle, the method comprising the steps of:
connecting two rod members to form a rod assembly having a selected weight and length;

connecting a first bumper element to one end of said rod assembly;

connecting a second bumper element to an opposite end of said rod assembly;

placing said rod assembly inside the hollow handle; and

training with the sport stick.

[c25] 25. The method of claim 24, further comprising the step of:

placing an end cap on an end of the hollow handle.

[c26] 26. The method of claim 24, further comprising the step of:

slidably connecting a mid bumper to said rod assembly at a selected location along the length of said rod assembly.